

FISD MIDDLE SCHOOL

SUMMER STRENGTH & CONDITIONING CAMP '09

Dates: Monday, June 15th - Thursday, July 9th
(NO FRIDAY WORKOUTS)

Time and place:

Session 1: Incoming 7th Graders that will feed LHS/CHS/HHS (Boys and Girls)
8:00 a.m. – 9:30 a.m. at Scoggins M.S.

Session 2: Incoming 7th Graders that will feed FHS/WHS (Boys and Girls)
8:00 a.m. – 9:30 a.m. at Staley M.S.

Session 3: Incoming 8th Graders that will feed LHS/CHS/HHS (Boys and Girls)
10:00 a.m. – 11:30 a.m. at Scoggins M.S.

Session 4: Incoming 8th Graders that will feed FHS/WHS (Boys and Girls)
10:00 a.m. – 11:30 a.m. at Staley M.S.

*******Athletes are only allowed to attend one session each day per UIL rules.*******

Cost: \$100.00 per participant **DUE to your Coach by Thursday May 21st. Refunds for Strength & Conditioning will only be given back two weeks after camp starts.**

Purpose of Camp: To improve each athlete's strength, speed, agility, conditioning, and power to prepare them for their upcoming seasons.

Who can attend? All incoming 7th & 8th Grade athletes who will be attending an FISD middle school the fall of '09.

Equipment to bring: Running shoes, shorts, T-shirt, and water bottle

FISD MIDDLE SCHOOL STRENGTH CAMP

Please fill out completely and return to the Boys' or Girls' Athletic Coordinator at your school

Athlete's Name _____

Address _____

Parent's Name _____ **Phone: Home** _____

Work _____

SCHOOL & GRADE in FALL '09 _____

Parental Consent: The signature below gives my consent for the aforementioned athlete to participate in the FISD Middle School Summer Strength and Conditioning Camp. It is understood that even though preventive measures are taken, the possibility of an accident still remains. The Frisco Independent School District or any member of a Frisco ISD Middle School coaching staff assumes no responsibility should an accident occur.

PARENT SIGNATURE _____

If you have questions concerning the summer strength and conditioning camp, contact Melanie White at (469) 633-5045. Make **checks payable to Frisco ISD**. **PLEASE TURN IN TO YOUR SCHOOL'S COACHING STAFF.**